Skills Training for Shared Decision Making in Mental Health Using a Co-produced Educational Film

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<th><strong>Overall aim:</strong></th>
<th>To raise awareness of the value of shared decision making (SDM) for mental health and to support skills development for SDM in primary care.</th>
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<td><strong>Description:</strong></td>
<td>SDM has tangible benefits for service users and their families. There are real choices between alternative treatments (broadly these are medication, psychological therapies or counselling, and guided self-help or supported self-management) that are sensitive to service users’ preferences and values. In this workshop we will provide an overview of the value of SDM for supporting the process of recovery from mental health conditions, with reference to key concepts such as the development of a therapeutic alliance, and provision of choice to support service user autonomy and empowerment. We have co-produced an educational film (informed by Bandura’s Social Cognitive Theory) in partnership with experts by experience (mental health service users) to support development of knowledge, skills and confidence for SDM. As a learning device the film uses a fictional narrative of John, who is experiencing symptoms of depression, and his close friend (Stacy) who supports him on his journey through the primary care mental health system. Simulated consultations with a primary care (general practitioner) doctor are used as a vehicle to enhance the willingness, skills and confidence for SDM in clinicians, patients/relatives (including mental health advocates and peer support workers) by demonstrating the key processes and clinician/patient behaviours that underpin good SDM interactions.</td>
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**Workshop structure**

1. Overview of the value of SDM in the primary care setting for mental health and supporting evidence from the research literature
2. Screening of the educational film (~20 mins) followed by a question and answer plenary discussion on barriers and enabling factors to SDM for mental health conditions
3. Interactive small group work using prepared clinical scenarios and role-play exercises to support development of key skills and confidence for SDM
4. Structured feedback: reflections and key learning
5. Interactive panel discussion (ask the author anything) with the workshop facilitators responding to questions from delegates

**Learning objectives:** To increase awareness of the value and feasibility of SDM for mental health in the primary care setting; to share and debate the barriers and enabling factors to SDM for mental health conditions; and to gain knowledge to facilitate the application of skills to support SDM in mental health consultations

**Pre-requisite knowledge/requirements:** The workshop is ideally suited for delegates who wish to develop an awareness of the value, as well as knowledge of processes / techniques that clinicians, patients and relatives, including mental health advocates and peer-support workers can use to support SDM in the context of mental health.

**Desired attendance numbers:** maximum of 30 delegates (6 tables with 5 delegates)

**Duration:** 1.5 hours